

# Mishawaka Parks Department

## Free Children's Activities

Programs for children and their families are offered at the Battell Community Center and various park facilities. Pre-registration may be required. Class size may be limited!

### Baton Twirling I

Session Dates	Time	Location
Thursday Sept 12-Dec 12	5:00-6:00 pm	Gym

Children ages 5-7 may attend this class. Baton twirling fundamentals basic twirls, marching, and preparation for performing will be taught in this beginner session. Ongoing classes will provide the opportunities to perform in parades and events. Batons can be purchased from the instructor.

### Tai Chi for Kidz

Session Dates	Time	Location
Mondays Sept 9-Oct 21 & Nov 4-Dec 9	6:30-7:15 pm	Centennial Room

As well as learning a short form-combined of Sun and Yang styles, kids will also be getting some introduction to the 32 Sword Form using safe practice swords for their age group. AGES 8-11 ONLY. Class size is limited. Please PRE-REGISTER in the Battell Center Office.. No class Sept. 30th & Oct. 7th.

### Baton Twirling II

Session Dates	Time	Location
Thursday Sept 12-Dec 12	6:00-7:30 pm	Gym

Children ages 8 and up may attend this class. Baton twirling fundamentals are taught at a faster pace. Children will learn routines and prepare for performances with a parade corps. Batons can be purchased from the instructor.

### Ballet and Tap Class

Session Dates	Time	Location
Wednesday Sept 11-Dec 11	5:30-6:30pm (Ages 4-6) 6:45-7:45 pm (7&Up)	Dance Room II

This class is both a ballet and tap class (30 minutes each) where children will be learning the very basics of each style of dance. Leotards and tights are encouraged, or clothing that is easy to move in.

### Show and Parade Poms

Session Dates	Time	Location
Tuesday Sept 10-Dec 10	4:30-5:30 pm	Dance Room I

Students will learn routines for dance and parades, ages 6 & up are welcome to join this ongoing class. Bring a friend and your own poms or poms can be borrowed or purchased from the instructor.

### Self Defense for Beginners

Session Dates	Time	Location
Monday Sept 9-Dec 9	3:30-4:15 pm (Ages 4-7) 4:30-5:15 pm (8 & up)	Dance Room I

A fun, dynamic approach to learn basic martial arts & self defense! Please have children wear flat-bottom shoes (or children can go barefoot) and loose-fitting athletic pants. No class Nov 11th.



**A Participant Waiver Form must be filled out and signed before taking part in any of these activities.**

**For more information call 574.258.1664.**

**See reverse side for more classes!**

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### Healthy Living

Session Dates	Time	Location
Tuesday Sept 10-Dec 10	6:30-7:00 pm	Contractor's Room

This class immediately follows the Zumba class in the gym at 6:00 pm. Each class will teach children a lesson on how to make healthy choices every day! All families are welcome to come to any and all of these fun classes! A healthy snack will be provided.

### Zumba

Session Dates	Time	Location
Tuesday Sept 10-Dec 10	6:00-6:30 pm	Gym

Do you like dance? Do you like to workout and have fun at the same time? Zumba is the class for you! Bring your friends and family for 30 minutes of dancing fun! This is a family style Zumba!

### Raising Healthy Kids

Session Dates	Time	Location
Friday Sept 13-Oct 11 (no Sept 27)	10:30-11:15 am	Battell Center Lions' Room
Friday Oct 18-Nov 22	10:30-11:15 am	Battell Center Lions' Room

This program addresses parenting issues such as developing healthy eating habits, dealing with choosy eaters, and introducing new foods to children. The discussion will occur at the same time as the Preschool Hour class. Children ages 3-4 with limited availability for Preschool Hour, see class description to the left.

**For Parents!**

**Raising Healthy Kids is  
sponsored by:**

**PURDUE  
EXTENSION**

**LOCAL FACES  
COUNTLESS CONNECTIONS**

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taking part in any of these  
activities.**

**For more information call  
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### Preschool Hour

Session Dates	Time	Location
Friday Sept 13-Oct 11	10:30-11:15 am	Battell Center Dance Room I
Friday Oct 18-Nov 22	10:30-11:15 am	Battell Center Dance Room I

Join Tonya at Preschool Hour! Children 3-4 years old are welcome! Limited availability, please pre-register in the Battell Center Office at 574.258.1664.

This class will include stories, songs, finger plays, and activities.

**NEW**

**See reverse side for more classes!**